

ALZHEIMER'S ADULT DAY SERVICES

1.0 SERVICE DEFINITION

- 1.1 A specialized, structured, therapeutic program for persons diagnosed with Alzheimer's disease or related progressive dementia. The program provides health supervision and therapeutic activities in a group setting by professionally qualified staff. Activities are designed to give purpose and meaning to daily life. Some assistance with activities of daily living is provided. The service benefits both the person with dementia and the caregiver by providing respite care and is designed for persons who cannot live independently and might otherwise be institutionalized.

2.0 SERVICE GOAL

- 2.1 The goal of the day care program is to enhance the quality of life for persons with Alzheimer's disease and related dementias, and their families, by creating a therapeutic environment in which they maintain maximum functioning and independence, while preventing early and inappropriate institutionalization. To obtain this goal, the program must provide high quality programming for the participants, respite for the caregivers from care-giving tasks, and support and information to enhance the caregiver's skills.

3.0 SERVICE UNIT

- 3.1 The unit of service for adult day services is one day of service for one participant. At a minimum, participants should be scheduled for at least two days a week, with scheduled attendance based on a full day of service.
- 3.2 If the program provides transportation, the adult day service will begin when the participant is picked up at his/her home and will end when returned to his/her home. In order to maximize time in the center, transportation routes should be limited to one hour. If transportation is not provided, the day will begin when the participant enters the facility and will end when he/she leaves.

4.0 SERVICE AREA

- 4.1 Adult Day Services are available to all eligible residents of the State of Delaware.
- 4.2 Providers of service are permitted to apply for sub-areas of service within the state.

5.0 ELIGIBILITY

- 5.1 To be eligible for adult day services, the participant:
 - 5.1.1 Must be eighteen (18) years of age or older
 - 5.1.2 Must be a resident of the State of Delaware
 - 5.1.3 Must be diagnosed with Alzheimer's disease or other progressive dementia and have documentation of a physician's evaluation

- 5.1.4 Must be able to benefit from the program
- 5.1.5 Must have documentation of a recent medical examination (within the last 6 months) certifying that the participant is free of contagious diseases
- 5.1.6 Must be unable to be left alone at home
- 5.1.7 Must live with a caregiver who either works outside the home or needs temporary relief from caregiving
- 5.2 The Adult Day Service program does not serve individuals who are:
 - 5.2.1 Assessed as capable of living independently, using the functional assessment tool;
 - 5.2.2 Assessed as requiring skilled nursing care (i.e. 24-hour nursing care);
 - 5.2.3 Assessed as capable of functioning in a less restrictive environment (i.e., senior center);
 - 5.2.4 Currently residing in a nursing home or who is publicly subsidized in an assisted living facility or publicly subsidized foster care home.

6.0 SERVICE STANDARDS

- 6.1 Adult day services centers must be licensed as an Adult Day Care facility in Delaware.
- 6.2 Adult day services must meet or exceed the standards listed below:
 - 6.2.1 Must comply with all applicable federal, state, and local laws, rules, policies, regulations and standards
 - 6.2.2 The facility shall be open for operation at a minimum of eight (8) hours per day.
 - 6.2.3 The facility shall provide appropriate and locked storage for all medications stored at the center.
 - 6.2.4 Space should be adequate for carrying out group and individual activities without crowding.
 - 6.2.5 Space should allow for confidentiality for participant interviews/counseling.
 - 6.2.6 The environment should facilitate the linkage between past and present.
 - 6.2.7 The facility should be self-contained, if possible, with at least a minimum number of passageways, corridors, and exit doors.
 - 6.2.8 Provide reduced sensory stimulation through limited noise, traffic and reflective surfaces
 - 6.2.9 Through participant/caregiver interview and observation, the adult day service provider will complete a functional assessment of the participant's social circumstances, economic conditions, medical history, physical status, mental status, and ability to perform the activities of daily living (ADL), prior to admission, to determine if the applicant is appropriate for adult day services.
 - 6.2.10 The provider will develop a written detailed care plan on each new participant within thirty (30) working days of enrollment that addresses the needs as identified in the functional assessment.

- 6.2.11 The provider will reassess participants every six (6) months or earlier if their needs change. The plan of care will be reviewed/updated at that time.
- 6.2.12 The participant/caregiver should be included in the development of the care plan whenever possible.
- 6.2.13 The provider must maintain progress notes in appropriate records.
- 6.2.14 All participants will be admitted for a thirty (30) day trial period. At the end of the trial period, a decision will be made through consultation among the participant, family and program staff concerning the participant's continued participation in the program.
- 6.2.15 The hands-on staff/participant ratio shall be a minimum of one (1) adult staff person (do not include the janitor, driver, etc.) on duty for each four (4) participants (1:4).
 - 6.2.15.1 A minimum of two (2) staff must be on duty while participants are present.
- 6.2.16 When a participant's needs no longer require or cannot be met by the program and staff, discharge will be discussed with the caregiver.
 - 6.2.16.1 A 30-day written notice will be given to the caregiver when possible.
- 6.2.17 The provider must have written procedures for handling emergencies and participant/family preference regarding emergency care and ambulance transportation.
- 6.2.18 The provider must have written notice displaying fire procedures and emergency evacuation routes.
- 6.2.19 Information and referral to other programs for which the participant might be eligible, referring the participant to proper services as necessary and providing assistance to the participant in gaining public benefits.
- 6.2.20 The provider will notify the participant's family and physician, if necessary, of changes observed in the health status of a participant.
- 6.2.21 The provider will give health education/counseling to participants and families/caregivers.

6.3 **Allowable Activities**

- 6.3.1 Services include, but are not limited to:
 - 6.3.1.1 Health monitoring
 - 6.3.1.2 Medication administration and monitoring
 - 6.3.1.3 Daily nutritious meals and snacks
 - 6.3.1.3.1 Main meal should be well balanced and provide one-third of the Recommended Daily Allowance
 - 6.3.1.3.2 Breakfast and lunch may be provided
 - 6.3.1.4 Dietary supervision

- 6.3.1.5 Provision of special diets, based on physician's orders, prepared through consultation with a qualified dietitian or nutritionist, when possible
- 6.3.1.6 Social, recreational, physical, rehabilitative, or other activities/therapies as part of the plan of care
- 6.3.1.7 Opportunities for walking in a safe environment
- 6.3.1.8 Continued contact with the community, through outings, when appropriate.
- 6.3.1.9 Assistance with activities of daily living (ADL's), as needed
- 6.3.1.10 Transportation coordination, when possible.
- 6.3.1.11 Caregiver support group and opportunities for caregivers to improve their care-giving skills through meetings, counseling, information and education
- 6.3.1.12 Social service referrals, as needed
- 6.3.1.13 Social activities that include: art, music, fitness exercise, gardening, mental stimulation, historic recall, cooking, games, outings, reminiscence activities, etc.
 - 6.3.1.13.1 Activities are provided on both a group and individual basis.
 - 6.3.1.13.2 Activities are to be designed to give purpose and meaning to daily life.
- 6.3.1.14 Encouragement of appointments with health professionals such as speech, physical, or occupational therapists, if necessary.

6.4 **Prohibited Activities**

- 6.4.1 Provision of nursing care, unless by a RN or LPN.
- 6.4.2 Provision of care outside of the adult day services facility, other than outings
- 6.4.3 Provision of medical services, unless provided by an MD
- 6.4.4 Provision of services to a participant who is a resident of a nursing home, foster care home, or assisted living facility.
- 6.4.5 Provision of individual, group, or family counseling unless provided by a degreed professional with formal training in counseling
- 6.4.6 Provision of services to out-of-state residents.

6.5 **Staff Requirements**

- 6.5.1 The Adult Day Care Center Director shall meet the following criteria:
 - 6.5.1.1 Possession of a Bachelor's Degree in health or social services or a related field, with one (1) year of supervisory experience (full-time or equivalent) in a social or health service setting; have comparable technical and human service training with demonstrated competence OR

- 6.5.1.2 Be a registered nurse with two (2) years of supervisory experience (full-time or equivalent) in a social or healthcare setting.
- 6.5.2 Paid staff and volunteers must demonstrate the following:
 - 6.5.2.1 Management of persons with dementia
 - 6.5.2.2 Verbal and non-verbal communication skills
 - 6.5.2.3 Awareness of specific losses likely to be experienced by persons with dementia with a focus on the loss of reasoning.
 - 6.5.2.4 The sanitary handling of food
 - 6.5.2.5 Fire safety
 - 6.5.2.6 Basic first aid with an emphasis on choking and coronary attacks

7.0 WAITING LISTS

- 7.1 When the demand for a service exceeds the ability to provide the service, a waiting list is required. Applicants will be placed on the waiting list until services can be provided; or, until the applicant no longer desires services. The waiting list must be managed in accordance with DSAAPD policy X-K, Client Waiting Lists. In all cases, the reason for the selection of an individual ahead of others on the waiting list must be documented (e.g. in writing and available for review).

8.0 CALCULATION FOR NUMBER OF SERVICE UNITS

- 8.1 The following calculations shall be used to determine the number of service units for Adult Day Services.
 - 8.1.1 The program must first establish a minimum number of operating days per year using the following:

Example:

| | |
|------------|--|
| 365 | days per year |
| -104 | (less 104 weekend days) |
| - 12 | (less 12 holidays) |
| - <u>5</u> | (less 5 days for weather, miscellaneous) |
| 244 | operating days per year |

- 8.1.2 After establishing the number of operating days (using the example in 8.1.1) use the following formula to determine the number of service units:

of oper. days/year x average daily census = # of service units.

Example:

| | |
|-------------|-------------------------|
| 244 | operating days per year |
| x <u>25</u> | participants per day |
| 6,100 | service units |

9.0 INVOICING REQUIREMENTS

- 9.1 The provider will invoice DSAAPD pursuant to the DSAAPD Policy Manual for Contract, Policy X-Q, Invoicing.
- 9.2 The following information will also be included on the invoice:
 - 9.2.1 Number of operating days eligible for payment for the billing period.
 - 9.2.2 Participant legal name.
 - 9.2.3 Service Units provided per participant.
 - 9.2.4 Total Service Units provided.
 - 9.2.5 Service Unit Cost.
 - 9.2.6 Total DSSAPD funds earned.

ALZHEIMER'S ADULT DAY SERVICE

PLANNED SERVICE UNITS AND PROPOSED OBJECTIVES

GRANTEE / AGENCY NAME: _____

PROGRAM NAME: _____

| PLANNED SERVICE UNITS | 1st QTR | 2nd QTR | 3rd QTR | 4th QTR | Total |
|---|---------|---------|---------|---------|-------|
| 1a. Number of DSAAPD units | | | | | |
| 1b. Number of Caregiver units | | | | | |
| 2. Number of participants assessed in person (including those not admitted) | | | | | |
| 3. Number of unduplicated participants served by the program | | | | | |
| 4. Number of care plans developed | | | | | |
| 5. Number of care plans updated | | | | | |
| 6. Number of meals provided | | | | | |
| 7. Number of hours provided by volunteers | | | | | |